



TIPS CONT.

- **Limit exposure to media and social media:** stay informed but limit the time spent watching the news or viewing social media
- **Maintain contact virtually:** keep contact with your support network through phone, text, or video chat
- **Make plans:** develop lists, meal plans or other activities as a family to help maintain a sense of control
- **Talk:** talk to children in clear, reasonable, age-appropriate and positive manner

childmind.org/article/supporting-kids-during-the-covid-19-crisis/

Additional Resources

The National Child Traumatic Stress Network nctsn.org

Center for Disease Control and Prevention cdc.gov

On Our Sleeves
nationwidechildrens.org/giving/on-our-sleeves

Disaster Distress Helpline

-  **1-800-985-5990**
-  **TEXT: "TalkWithUs" to 66746**
-  **DisasterDistress.samhsa.gov**

SAMHSA HHS.gov

KCCRB
24-HOUR REQUEST LINE
(888) 522-7228

Kentucky Community Crisis Response Board
111 St. James Court, Ste. B, Frankfort, KY 40601
502.607.5781
kccrb1@gmail.com
kccrb.ky.gov

COPING WITH A PUBLIC HEALTH EMERGENCY



**HELPING CHILDREN COPE
DURING A PANDEMIC**



COMMON REACTIONS IN CHILDREN

Children may respond differently to an outbreak depending upon their age. Below are some mental health signs to watch out for in kids,

- Regressive behaviors
- Changes in appetite
- Sleep issues
- Mood changes
- Reassurance-seeking
- Increase in clingy behavior
- Withdrawal
- Physical ailments
- Difficulty focusing or paying attention
- Acting out



COMMON REACTIONS IN ADOLESCENTS

Adolescents may respond differently to an outbreak depending upon risk factors. Below are some mental health signs to watch out for in teenagers,

- Agitation
- Changes in appetite
- Sleep issues
- Increased conflicts
- Physical ailments
- Difficulty focusing or paying attention
- Delinquent behavior

(Information from National Association of School Psychologists)

TIPS TO HELP CHILDREN AND ADOLESCENTS COPE

As schools and workplaces close, parents and children are finding themselves spending more time together. In this uncertain time there are tips to help calm fears, manage stress and maintain peace in the household.

- **Maintain routines:** ensure everyone sticks to a regular schedule, including bed times
- **Try new activities together:** do things together like work a puzzle, have family game night or cook together
- **Exercise together:** find ways to exercise as a family such as a walk or bike ride
- **Manage your own anxiety:** children look to their parents / caregivers for guidance and reactions in times of crisis